

**GOT NEWS?**

Coaches, parents, swimmers and fans: we're depending on you to keep us up-to-date on all your club's activities and meets. Have something you want to add?

[Click here for instructions](#)

About

**Up Next: Ben Lomond swims at Old Bridge Saturday, July 16. GO DUCKS!**

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**Week 4 Results: Ben Lomond vs Urbanna**

**MAKE THAT 3 IN A ROW!** Congratulations to the Ducks for defeating Urbanna by a score of 2611 to 2000! Ben Lomond swimmers finished first in 33 out of 48 events!

Leading the way for the Ducks were Triple Winners Nihar Bhat, James Crabb, Catherine Purnall, Natalie Purnell, Ariadna Sanchez and Evan Thies. Double Winners: Emma Knick and Spencer Sutherland. Single Winners: Lucy Bennett, Rucha Bhat, Troy Brown, Pulak Deshpande, Zach Goulet, Nicholas Hoffman, Nathan Moya, Lauren Mazingo, Spencer Scott, Ryan Thies and Rachel Wilson. What a fantastic meet!!!

Address:

Online:

Contact:

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**Week 3 Results: Ben Lomond vs South Bridge**

The DUCKS do it again, this time beating South Bridge by a score of 2638 to 1528!

Congratulations to ALL the swimmers for an outstanding meet! Triple Winners: Nihar Bhat, James Crabb, Natalie Purnell, Ariadna Sanchez, Evan Thies. Double Winners: Lucy Bennett, Catherine Purnell. Single Winners: Rucha Bhat, Katie Cornelius, Isha Ghodgaonkar, Alexander Hoffman, CJ Hunsicker, Jackelyn Mollo, Nathan Moya, Lauren Mazingo, Jonathan Peters, Clarence Ramirez, Gregory Rojas, Spencer Scott, Dieter Seltzer, Erin Taylor, Ryan Thies, Rachel Wilson.

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**Week 2 Results: Ben Lomond at Lake Manassas**

Congratulations to Ben Lomond on their first win of the season, edging out Lake Manassas by 8 points (2169 - 2161). Triple Winners: Nihar Bhat, James Crabb, Natalie Purnell, Evan Thies. Double Winners: Emma Knick. Single Winners: Nia Dickerson, Nicholas Hoffman, Catherine Purnell, Clarence Ramirez, Ariadna Sanchez, Spencer Scott, Jason Thies, Ryan Thies, Rachel Wilson.

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**Week 1 Results: Ben Lomond at Brookside**

While Ben Lomond lost their first meet of the season to Brookside (2963.5 - 1702.5), the swimmers tried their hardest and swam many best times. Congratulations to Nihar Bhat for being the team's only triple winner of the meet. Congratulations to Evan Thies for posting the league's top time in 9-10 Boys 50 meter Breaststroke for week 1.

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**REGISTRATION FOR 2011 SEASON**

Please join the Ben Lomond Flying Ducks at the Ben Lomond Community Center (the barn on Sudley Manor Dr.) for our annual Ice Cream Social on May 19th from 6-8pm to register for the upcoming season.

For more information visit [www.benlomondswimteam.com](http://www.benlomondswimteam.com)